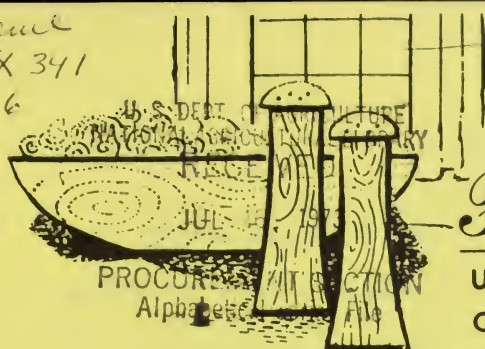


Historic, Archive Document

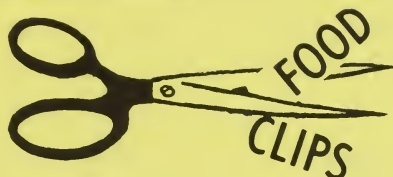
Do not assume content reflects current scientific knowledge, policies, or practices.



Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION WASHINGTON, D. C.

June 18, 1973



In This Issue:

1. USDA Milk Proposal
- 2.&3. Travel USA: Washington
4. Food Booklet Revised

What is yogurt? It's a custard-like product made by fermenting milk with a special culture. According to U.S. Department of Agriculture, it is usually made from homogenized, pasteurized whole milk. However—it may be made from skim or partly skimmed milk.

* * *

Ice cream is made from cream, milk, sugar, flavorings, and stabilizers. It must contain at least 10 percent milkfat.

* * *

Sour cream is sometimes called "salad cream" or "cream dressing". Sour cream is made by adding lactic acid bacteria culture to light cream. It is smooth and thick and contains at least 18 percent milkfat.

* * *

What is sour "half and half?" It's the same as half-and-half except that a culture is added. You could use it to replace sour cream because it has less fat. Half-and-half is a mixture of milk and cream, homogenized. Under State requirements, it must have between 10 and 12 percent milkfat.

USDA PROPOSAL ON MILK

—Lowfat, skim or whole?

"Milk" can mean lowfat, skim or cultured buttermilk, unflavored or flavored, or fluid whole milk. The question is: Should schools and other participants in Child Nutrition Programs offer a choice of the types of milk served? Or—should regulations remain "fluid whole milk"? The U.S. Department of Agriculture invites interested persons to give comments on the question.

Nutritionists, dietitians, and program operators say that giving local child food service administrations the authority to serve additional forms of milk will increase flexibility in meal service. They can then meet local needs and tastes better and may also increase the participation in child nutrition programs. This recommendation was made by the National Advisory Council on Child Nutrition Programs.

Comments, suggestions, or objections are invited before July 5. Write Herbert D. Rorex, Director, Child Nutrition Division, Food and Nutrition Service, USDA, Washington, D.C. 20250.

7763

USDA-1757-73



A family enjoys camping in the Olympic Peninsula rainforest near Lake Quinalt, Olympic National Forest.

Moss hangs from the limbs of giant spruce and other trees in Washington's Olympic Peninsula rainforest, Olympic National Forest.



Ever Visit a Rain Forest?

Centuries-old Douglas-fir—some over 300 feet high—shade the fragile forest floor of the Quinalt Rain Forest which is part of the Olympic National Forest in Washington State. This area is one of many recreational sites operated by the Forest Service of the U. S. Department of Agriculture.

Few people realize how beautiful a rain forest can be—until you see it yourself. Nature is at its very best—lush green mosses drape lower tree branches while delicate ferns and plants carpet the ground of this rain forest with unbelievable beauty.

You may hear the roaring sound of Willsby Creek in the forest—it's just the sound of water splashing against rocks and rushing between narrow canyon walls. It's one of the Olympic's Rivers, winding its way from the melting snowfields of the high country, down forested slopes, seeking its home in the sea. This boisterous river almost sings of tales unknown challenging people to come enjoy it.

Like to hike? There are over one hundred and eighty miles of trails with scenic views, wildflowers, and curious animals. Like hunting? There are grouse, deer, and elk. Like fishing? There's good fishing in the streams and beaver ponds. You might visit one of the high lakes like the Silver, the Karnes, or the Mildred for each provide good Cutthroat fishing, according to the Forest Service.

Campgrounds are provided throughout the forest with big picnic tables, fireplaces and even water pumps—to draw your own! (The kids love using the pumps.) There's something for everyone in this beautiful forest in the upper northwest United States.



Get "Your Money's Worth in Food"

Taking a critical look at your food budget these days? If not, perhaps you should be. A guideline on how much you might reasonably spend for food may be helpful—and you have to start somewhere. A newly revised edition of "Your Money's Worth in Food" has a simple guide to planning well-balanced meals and offers a variety of tips for cutting food costs.

Some of the features of the 26 page publication, released this month, includes:

- A table showing the cost per serving of various cuts of meat when prices range from \$.40 to \$1.80 a pound.
- A table that shows at what price chicken parts are a good buy in relation to the whole chicken.
- Costs of a serving of various cuts of meats and of foods you might use as alternates to meat in meals—dry beans, peanut butter, cheese and eggs, for example—using U.S. average and Washington, D.C. prices. Costs of milk—fresh (with and without part of the fat removed), canned and dried, are compared, too.
- Tables showing the cost of a serving of vegetables and fruits when the price of the fresh produce from which it's prepared ranges from 10 to 60 cents a pound.
- Sample lists of vegetables and fruits—fresh, canned, and frozen—that cost less than 6 cents a serving and more than 12 cents a serving.
- A three-page table that makes it easy to find the cost per pound of food from containers of one to forty-eight ounces. (You may not need this table if your store has unit pricing.)

There are also ideas on planning menus and shopping list that suit the budget, the family's appetite and life style.

Available free from Office of Communication, USDA, Washington, D.C. 20250.

COMMENTS AND INQUIRIES TO:

Shirley Wagener, Editor of Food and Home Notes, Press Service, Room 535-A,
Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250.
Or telephone (202) 447-5898.